

Did You Know?

Adaptive Reconditioning

Did you know that adaptive reconditioning contributes to a successful recovery for Soldiers, whether they are transitioning back to active duty or to civilian life?

What is adaptive reconditioning?

Adaptive reconditioning includes activities and sports that wounded, ill and injured Soldiers participate in regularly to optimize their physical, cognitive and emotional well-being.

What potential adaptive reconditioning programs are available?

You can learn more information about the potential adaptive reconditioning programs on the [WTC website](http://www.WTC.army.mil/Soldier/adaptive.html). Each of the links below directs you to a factsheet about each activity. Each factsheet includes a detailed description of the activity and information about resources, equipment needed, what the Soldier brings, environmental factors, how to organize the event, contraindications, modifications, risks, and domains addressed.

Potential adaptive reconditioning programs include:

- [Air Rifle Pistol](#)
- [Bowling](#)
- [Cooking](#)
- [Cycling](#)
- [Fishing](#)
- [Gardening](#)
- [Golf](#)
- [Hiking](#)
- [Kayaking](#)
- [Music](#)
- [Photography](#)
- [Sitting Volleyball](#)
- [Swimming](#)
- [Tennis](#)
- [Therapeutic Riding](#)
- [Track and Field](#)
- [Wheelchair Basketball](#)

What are the benefits of adaptive reconditioning?

Adaptive sports and reconditioning are linked to a variety of benefits including:

- Less stress
- Reduced dependency on pain and depression medication
- Fewer secondary medical conditions (i.e., diabetes, hypertension)
- Higher achievement in education and employment
- Increased lean muscle
- Increased independence
- Increased self-confidence
- Increased mobility
- Decreased body weight and fat
- Building relationships with others
- Learning new life skills to assist with transition

How does the Soldier get started with adaptive reconditioning?

The WTU physical therapist will review the Soldiers profile and create a Positive Profile indicating which adaptive reconditioning programs meet the Soldier's interest and abilities. Members of the Soldier's interdisciplinary team work together to allow for adaptive reconditioning activities around medical appointments.

What adaptive reconditioning activities are available to WTU Soldiers?

Activities include:

- Physical training exercises
- Competitive and non-competitive adaptive sports
- Therapeutic recreational activities (community or Morale, Welfare and Recreation (MWR) based)
- Gym-based exercise programs
- Arts and cultural programs
- Outdoor events (i.e. hiking, fishing, horseback riding, cycling, skiing, kayaking, canoeing)

When is the best time to start adaptive reconditioning?

Start your adaptive reconditioning plan as soon as you are cleared by the physical therapist and Triad of Care. Don't wait until you have minimal medical appointments to start adaptive reconditioning. Start out slowly and gradually build as your medical appointments allow.

How does adaptive reconditioning support the Soldier's Comprehensive Transition Plan (CTP)?

Adaptive reconditioning programs at WTUs are designed to support each Soldier's well-being while working toward short-term and long-term goals in their personal CTP. The CTP supports Soldiers in transition with personalized goals in six areas:

- Career
- Physical
- Emotional
- Spiritual
- Social
- Family

Adaptive reconditioning plays an important role in the CTP because it connects physical activity with each of the other CTP components.

What is the Warrior Games?

[Warrior Games](#) is a unique partnership between the Department of Defense and the U.S. Olympic Committee Paralympic Military Program. Since 2010, wounded, ill and injured service members from all branches have competed for gold in at least seven sports. The Warrior Games are about more than winning medals. After overcoming significant physical and behavioral injuries, the Soldiers demonstrate the power of ability over disability and the spirit of competition.

In preparation for the 2013 Warrior Games, WTC introduced 325 Soldiers to adaptive reconditioning programs through its 17 Warrior Games training and selection clinics. These local and regional competitions enabled recovering Soldiers to learn from and train with expert coaches and trainers in a variety of sports. Regardless of whether they qualified for the Army Warrior Games team, these clinics enhanced Soldiers' ability to participate in adaptive reconditioning programs.

WTC is a major subordinate command under the U.S. Army Medical Command (MEDCOM). WTC's mission is to develop, coordinate and integrate the Army's Warrior Care and Transition Program (WCTP) for wounded, ill and injured Soldiers, Veterans and their Families and Caregivers. For more information on WTC, visit the WTC website, www.WTC.army.mil, follow on Twitter at <http://twitter.com/armyWTC> or join Facebook at <http://facebook.com/armyWTC>.

Warrior Transition Command (WTC) Adaptive Reconditioning Branch

Online: <http://www.WTC.army.mil/Soldier/adaptive.html>

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